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Paragon Orthopedics Center
Grants Pass, Oregon



COVID Vaccination Clarity from Dr. Rob Bents

With the Food and Drug Administration officially approving one of the COVID vaccines on 8/23/21, many are more inclined to get the vaccine, but some might not. There are a variety of hesitations and some are very valid, while others are misinformed. Our own Dr. Rob Bents here at Paragon Orthopedics Center has reviewed the most recent data and boiled it down to short facts. We understand how you might feel frustrated or even misled. You are best served by staying current with recent developments and research, which come out almost daily. Be your own advocate, find information from reputable sources with data to back it up, and make educated decisions for your own health. Please take the time to read this and educate others.

- The COVID-19 vaccine is your best protection against COVID-19. They provide 85-94% decreased risk of symptomatic infection. Yes, people are dying who have had the vaccine. Even when vaccinated, it is the flu and people will die from its effects, especially if you are older or have co-morbidity, but the vaccine is still effective at reducing death. The vaccine helps your body fight the virus if you are exposed and likely will help prevent the spread of the virus to others. This is important to get businesses, schools, hospitals and the economy back to business.
- There are three vaccines currently available in the US: Pfizer-BioNTech, Moderna, and Johnson & Johnson. Each vaccine was authorized by the U.S. Food and Drug Administration (FDA) and independently reviewed by medical experts. Other vaccines are used worldwide.
- The vaccines greatly reduce your chance of getting extremely sick if you get COVID-19. If you do get sick, your risk of being admitted to the hospital or dying is also lower for all known virus variants, including the **Delta variant**. The Delta variant is 2-5 times more contagious than the normal strain.
- There is a significant amount of false information on the internet about the COVID vaccines. Remember that **all** vaccines carry some risk of side effects and some will get the diseases they are meant to prevent.

Vaccine Safety

- **mRNA research has been developing for over 10 years.** Moderna and Pfizer/BioNTech began working on mRNA vaccines several years ago, mostly for HIV and other less common viruses. Once the government provided funding many companies began mass production of COVID vaccines.
- The FDA granted an emergency use authorization (EUA) to the Pfizer, Moderna, and Johnson & Johnson. Before applying for an EUA, scientists gave the vaccine to tens of thousands of people in clinical trials and found no serious safety concerns. COVID vaccines have been given safely to over 2 BILLION people worldwide. The FDA gave full approval for the Pfizer vaccine August 23, 2021.
- **The risk of serious side effects from the vaccine is less than 1 in a 500,000** (cardiac myopathy, stroke or other). There have been 518 cases of cardiac inflammation in over 300 million vaccines. The J and J vaccine had a small risk of blood clots (7 out of 1 million) in females. This vaccine has been studied more closely than any other vaccine in history and is **SAFE** and **effective**.

- In contrast, the risk of serious effects from COVID is 5-10 percent including long term fatigue, lung damage, stroke, loss of taste or smell, and **death**. While most deaths occur in patients with underlying diseases, the Delta variant seems to strike healthy patients.
- It is much more effective to **prevent** COVID with a vaccine than to rely on unpredictable treatment of the disease with Ivermectin, Monoclonal antibodies, Remdesivir or other medications.
- The COVID-19 vaccine is recommended and available to all people 12 years and older, including people who are pregnant, lactating, or planning to become pregnant.
- If you previously had COVID-19, you should still get the vaccine to ensure sure you have complete against the virus.
- It is your choice whether to get the vaccine for COVID-19, but employers are legally allowed to require it. Oregon currently requires the COVID-19 vaccine for state employees, health care workers, long-term care providers, and educators.
- You can still get a COVID-19 test after recently getting vaccinated. The vaccine will not affect the results of a SARS-CoV-2 nucleic acid amplification or antigen test.
- The Pfizer-BioNTech and Moderna vaccines are messenger RNA (mRNA) vaccines, which means they tell our cells how to create a “spike” protein that will help our bodies identify the coronavirus spike protein if we need it. The vaccine then disappears so side effects are rare after the first two weeks. The mRNA “instructions” never enter our nucleus and never interacts directly with our DNA.
- The Johnson & Johnson vaccine is a viral vector vaccine, which means it uses a different harmless virus (adenovirus) to tell our cells how to create a protein that helps our bodies identify the coronavirus if we meet it. The Johnson & Johnson vaccine is a one-dose series but may be slightly less effective.
- Protection is not immediate. It will take about two weeks after completing the vaccine series for full protection.
- **The more people that are vaccinated, the less chance the virus will continue mutating.** Southern Oregon has around a 50% vaccination rate which is why we have so many hospitalizations.
- Clinical trials showed each of the vaccines to be 85-94% effective at preventing symptomatic COVID-19 infection, hospitalizations, and deaths. The vaccines are just as effective in different age groups, including those over 65 years old and different racial and ethnic groups.
- You may feel side effects, such as a sore arm, fatigue, headache, or muscle pain. The side effects typically appear within two days of getting the vaccine and last about a day. Side effects are a sign of an immune response.
- You should not get the COVID-19 vaccines if you have a history of a severe allergic reaction (anaphylaxis, hives, swelling, wheezing, etc.) to any ingredient or a previous dose of a COVID-19 vaccine. o You should wait for 15 minutes after receiving the vaccine so you can be monitored for an allergic reaction. Patients with a history of anaphylaxis should wait for 30 minutes.
- **Nearly all of the hospitalized patients at TRMC are unvaccinated patients and a majority of the deaths from COVID are unvaccinated patients.**

We care about you and hope this information helps you make an informed decision. For those who have already received the vaccine, thank you for taking on a small risk for our community’s benefit and we hope this information provided reassurance. We strongly recommend you get the vaccine to protect you, your family and your workplace.

The following articles were referenced for this newsletter:

[Most COVID deaths in England now are in the vaccinated – here's why that shouldn't alarm you \(yahoo.com\)](#)

[New Research Explains Why Vaccinated People at Low Risk During COVID Delta Variant Surge \(scitechdaily.com\)](#)

[CDC COVID-19 Study Shows mRNA Vaccines Reduce Risk of Infection by 91 Percent for Fully Vaccinated People | CDC Online Newsroom | CDC](#)

[What does 95% COVID-19 vaccine efficacy really mean? - The Lancet Infectious Diseases](#)

[Decoding delta: How viruses mutate and what can be done about it | Hub \(jhu.edu\)](#)

